

BEDFORD RECREATION

Springs Brook Park Brochure 2012

PLUS Adult Programs
Fall Soccer
Dance Classes
Concerts on the Common
& Bedford Day



BEDFORD RECREATION DEPARTMENT

Office located in Town Center Building
2nd Floor, 12 Mudge Way

Hours: Mon. - Fri., 9:00 AM - 4:00 PM

Phone: (781) 275-1392 Fax: (781) 687-6156

Website: www.bedfordrecreation.org

Bedford Recreation Department

TO REGISTER:

- MAIL (W/CHECK payable to "Town of Bedford," MC or VISA #)
- FAX (W/MC OR VISA #)
- DROP-OFF
- REGISTER ONLINE

Please note that we do not accept phone registrations.

All registration is limited. Please use forms in this brochure. Receipts will be mailed.

Wait list status will be indicated on the receipts if the session you choose is full.

Classes will NOT be prorated.

Financial Assistance: Requests for financial assistance must be made at the time of registration (Recreation Financial Assistance form must be submitted with registration form).

TO REGISTER ONLINE

www.bedfordrecreation.org, "Register Online"

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online).

Record customer number for future online transactions.

Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult; do not set up acct. using child's name and info.

Please register multiple children or multiple programs all in one transaction.

REFUND/CANCELLATION PROCEDURES

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. No refund after the 3rd class.
2. Special Events/Activities and Field Trips: no refunds
3. Classes that are not self-supporting (due to low enrollment) will be canceled.
4. These refund policies do not apply to programs for which other refund policies are stated.

NONRESIDENT POLICY:

Please note that there is a \$5 non-resident fee for all programs.

DEPARTMENT GENERAL INFORMATION

1. Recorded message or website will be used for cancellations.
2. Children must be picked up on time after all activities.
3. Residents requiring special assistance should contact the Recreation Director.

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NEIGHBORS HELPING NEIGHBORS

Help us help each other! This fund has been established to make funds available for those Bedford residents who might not be able to afford Recreation programs. If you are able to make a donation, your contribution will be greatly appreciated. To make a donation online, please add Neighbors Fund to your cart & adjust the "Quantity" to the amount that you would like to donate.

SPECIAL EVENTS

DISCOUNT MOVIE TICKETS AVAILABLE

Burlington Theater as well as all AMC/Lowes Theaters. Residents may purchase discount movie tickets from the Recreation Department. Cost per ticket is \$6.25 (regular price \$10.00). Tickets are valid after the first two weeks of a new release and do not expire.

CAPE ANN WHALE WATCH TICKETS

No restrictions and no expiration!

Whale watching is a fun, family-friendly activity and you can purchase tickets at the Recreation Office. Once you have the tickets, visit the website www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110. More information and directions available on the website. The Whaling season runs from April through October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Tickets non-refundable. (Not valid to use for the Saturday, 1:30 trip from July 1 thru Labor Day). Pick up tickets at the Recreation Office. **Tickets: \$25 each** (reg. \$48 adults/\$33 for children)

Coming this Fall!

BEDFORD COMMUNITY CHORUS

Directed by Katherine Parker

A new, non-auditioned choral ensemble will begin its inaugural season this fall in Bedford. The Bedford Community Chorus will seek to bring the joy of choral music to its members and the community, as well as provide opportunities for fellowship and relationship building among members. The chorus is open to singers age 12 and up of all experience levels. Members will enjoy rehearsing and performing quality, diverse choral music in a supportive environment. Registration information will be available in the Fall Recreation Brochure. Come sing with us!

Katherine Parker is the founder and conductor of the Bedford Community Chorus. She was a 2010 silver medal and 2011 gold medal winner at the Massachusetts Instrumental and Choral Conductors Association Annual Festival and she has been working with singers of all ages and abilities for more than seven years. An active performer and teacher, Katherine spends her time educating Bedford's youngest musicians at Davis Elementary School, maintaining a private voice studio and performing in the Boston area.

BEDFORD DAY 2012 SEPTEMBER 15, 2012

Save the Date!!

**FAIR, PARADE, DANNY OATES 5K
ROAD RACE, PERFORMANCES, ART
EXHIBIT AND MUCH MORE!**



Applications for the Bedford Day Fair and Parade will be available May 14. The deadline to apply for fair and/or parade space is August 10, 2012.

Please watch for the Recreation Department Fall Brochure and the Recreation Department website for complete information about our special day.



CONCERTS ON THE COMMON 2012

Thursdays 7:00p.m. - 8:30p.m.

JULY 5 - BRASS CONNECTION

This fun, upbeat pops style show includes patriotic selections, light classics, big band swing, Broadway show tunes, blues, music from the movies and television as well as Beatles, Chicago and Tijuana Brass.

JULY 12 - GRUPO FANTASIA

Colorful, uplifting music from the Caribbean and Latin America! Soca, Calypso and Island favorites are featured.

JULY 19 - JUMPIN' JUBA

Rootsy-bluesy music! New Orleans swamp-rock, classic boogie-woogie, folk, Memphis rock & roll and a playful use of everything from calypso to country are stirred into the band's blue stew.

JULY 26 - GARDEN PARTY

Eclectic mix of covers and catchy original music! The groov-experience combines rock, jazz, country, folk, funk, baroque, Latin and alternative music.

AUGUST 2 - JOHN PENNY BAND

Country music from Gene Autry to Garth Brooks! Contemporary and traditional country music, 50's & 60's, oldies and pop standards.

All concerts held on the Bedford Town Common. Rain cancellations or postponements will be posted on the Recreation Department's website (www.bedfordrecreation.org)



2012 FALL SOCCER PROGRAMS

For info/policies go to: www.bedfordsoccer.org



FALL TRAVEL SOCCER (OUT-OF-TOWN PLAY)

Registration is now open for Fall Travel Soccer. Registration will close June 8 or when teams fill. **When teams fill, additional registrations will be taken on a waiting list basis until June 8 & new teams will be formed if there are enough players on the waitlist.** Players are placed on teams that will play each Saturday, either in Bedford or in another town. Travel teams practice two times per week. Parents are responsible for providing transportation to the games each week. Season runs from Early Sept - Early Nov. Team placement is released in Mid August.

U9/10 parents please note: *because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend*

SET PRACTICE NIGHTS

All girls' teams will practice on Monday and Thursdays
All boys' teams will practice on Tuesday and Fridays

U9: 8/1/03 - 7/31/04, or in 3rd grade Fall 2012

U10: 8/1/02 - 7/31/03, or in 4th grade Fall 2012

U11/12: 8/1/00 - 7/31/02, or in 5th & 6th grade Fall 2012

U14: 8/1/98 - 7/31/00, or in 7th & 8th grade Fall 2012

Mandatory evaluations will be held for players registered for the Fall U11/ U12 and U14 age groups. See below for Evaluation information.

FEE: \$90 with a maximum of \$235 per family. Family rate can only be processed via fax, mail or in person purchases only.

Please confirm your shirt number if you will not be purchasing a new uniform. Registration will not be processed if uniform information or shirt # is missing. Come to the Rec. Office for correct sizing. **Uniforms cost \$48.**

****There are no refunds after the roster announcements are released****

SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for children who are playing in the U11/12 & U14 age groups for Fall 2012 & Spring 2013 will be conducted on the following dates and times at JGMS fields. Letters regarding evaluations will be e-mailed to all registrants in early June.

Monday, June 11, 2012 4:30-6:00 Girls Under 11/12
(all girls entering 5/6th grade fall 2011)

Monday, June 11: 6:15 -7:45 Girls Under 14
(all girls entering 7/8th grade fall 2011)

Tuesday, June 12: 4:30-6:00 Boys Under 11/12
(all boys entering 5/6th grade fall 2011)

Tuesday, June 12: 6:15 -7:45 Boys Under 14
(all boys entering 7/8th grade fall 2011)

RAIN DATE/MAKE-UP DATE:

Wednesday June 22 or Thursday June 23 (forecast dependent)

FALL INTRAMURAL SOCCER (GRADES K-8)

BEDFORD RESIDENTS ONLY!

DEADLINE TO REGISTER: August 24

Season: Sept 8 - Nov. 10 Volunteer coaches offer this Saturday soccer experience. The objective is for children to enjoy and learn the sport of soccer. Participants must wear shin guards and bring their own soccer balls. Please note: players are placed on either the girls' teams or the boys' teams in all grades. **Children must sign up for the grade that they will be attending in Fall 2012, no exceptions.**

Parents provide all coaching and support functions necessary for the program's success. Please indicate your willingness to coach or assist on your child's registration form. No experience is necessary. We will provide training.

Fee: \$35. Uniforms are \$10 and consist of navy blue shirts and socks. Please pick up and pay for uniforms at the Rec. office.

Please register early.

LAST DAY TO REGISTER is August 24. All late registrants will be waitlisted

No Intramural Soccer on Bedford Day September 15 for players in K – grade 2: Players will instead march in the Bedford Day Parade. Grades 3 & up will have soccer as planned.

All field locations to be announced prior to start date.

K Boys	10:30 - 11:30	Ball size 3
K Girls	10:30 - 11:30	
Grade 1 Boys	11:30 - 12:45	Ball size 3
Grade 1 Girls	11:30 - 12:45	
Grade 2 Boys	8:45 – 10:15	Ball size 4
Grade 2 Girls	8:45 – 10:15	
Grade 3 – 5 Boys	8:45 – 10:15	Ball size 4
Grade 6 - 8 Boys	8:45 – 10:15	
Grade 3 – 5 Girls	8:45 – 10:15	Ball size 4
Grade 6 - 8 Girls	8:45 – 10:15	

INTRAMURAL VOLUNTEER COACHES NEEDED!

We need your help! These programs cannot run without help from parent volunteers willing to coach or assist. We need both head coaches and assistant coaches for all age groups. No experience necessary and we will provide all the training. If you are interested in learning more or want to volunteer, please add your willingness to coach in the notes section when registering or contact Nick Cacciolfi, nickc@bedfordma.gov

2012 – 2013 RECREATION DANCE PROGRAM

w/ Amy Pentz

Registration for Dance classes will begin May 16. Classes will begin the week of September 17. The deadline to register is August 24 or when classes fill. Classes fill quickly, so register early. An additional costume fee for the recital will be charged (approx. \$75) in December or January. A recital will be held on a Friday night in mid May. Classes take place in the Union Room in the Town Center Building. Children must be 4 by the time of the first class. No classes on holidays and school vacation weeks. Use the registration form on page 16 for this program. Children in Grade 4+ may register for more than one class.

MONDAY CLASSES

1:30 - 2:15 Pre-K: Ballet & Tap (Max 10)	Fee: \$225
2:15 - 3:00 Kindergarten: Ballet & Tap (Max 10)	Fee: \$225
3:45 - 4:45 1st Gr: Ballet, Tap & Jazz (Max 15)	Fee: \$260
4:45 - 5:45 2/3rdGr: Ballet, Tap & Jazz (Max 15)	Fee: \$260
5:45 - 6:30 4/5th Gr. Hip Hop & Lyrical (Max 15)	Fee: \$195
6:30 - 7:15 4/5th Gr. : Jazz & Tap (Max 15)	Fee: \$195

TUESDAY CLASSES

3:45 - 4:45 1st Gr: Ballet, Tap & Jazz (Max 12)	Fee: \$260
4:45 - 5:45 2/3rdGr: Ballet, Tap & Jazz (Max 12)	Fee: \$260
5:45 - 6:30 6/7th Gr: Hip Hop & Lyrical (Max 15)	Fee: \$195
6:30 - 7:15 6/7th Gr: Tap & Jazz (Max 15)	Fee: \$195
7:15 - 8:00 Gr 8 & up: Hip Hop & Lyrical (Max 15)	Fee: \$195
8:00 - 8:45 Gr 8 & up: Jazz & Tap (Max 15)	Fee: \$195

INTRODUCTION TO TAEKWONDO

Join Master Youn for an introduction to the Korean martial art and the national sport of South Korea. Taekwondo helps to develop respect for self and others, self confidence, discipline and athleticism. Students will participate in a warm up and stretch followed by the basic techniques used in the martial art of Taekwondo. Taekwondo students can learn the benefits of courtesy, integrity, perseverance, self-control, and indomitable spirit through Taekwondo training. Students can also become healthier, stronger physically and mentally. Programs emphasize sharing with others, respect for other people and humbleness for themselves. Program runs all July - August. **Fee: \$159**

Students may attend 2 classes per week

Class Schedule

Times	Monday	Wednesday	Saturday
4:30~5:10 pm	Taekwondo (ages 3~6)	Taekwondo (ages3~6)	11:00 AM All ages
5:10~5:50 pm	Taekwondo (ages 7~10)	Taekwondo (ages7~10)	
5:50~6:40 pm	Taekwondo (ages 11~17)	Taekwondo (ages11~17)	

GYMNASTICS

w/ Jennifer McGrath & Dotty Martin
(FOR AGES 2—7)

Children will have a blast as Jennifer & Dotty have them running, jumping and moving,! They will climb the highest mountain in Bedford or search for the lost bears from the Teddy Bear Picnic! Parents are required to stay and play in the 2 & 3 year old class only. Classes will run on Tuesdays @ the Lane School Gym. Min 5/max 12

Session1: July 3 - July 24 (4 weeks)	Fee: \$55
Session 2: July 31 - Aug 14 (4 weeks)	Fee: \$55

2&3 year olds: With parent participation, 9:00 - 9:40 AM
3&4 year olds: No Parents/Drop off; 9:45-10:25 AM
5-7 year olds: 10:30-11:15 AM

SPRING & SUMMER 2012

There is still space in the summer programs below (full Spring & Summer

Brochure available

@www.bedfordrecreation.org):

SUMMER ADVENTURES

LOCAL GETAWAY

KIDS' CLUB

PERFORMING ARTS

SUMMER SPORTS

SUMMER SCIENCE

ADULT PROGRAMS

HIGH SCHOOL INFORMATION AND PROGRAMS

SPRINGS BROOK PARK SUMMER 2012 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 14, 2012). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications avail. @Rec. Office or online. Will accept applications until all positions are filled. Interviews have begun, please apply ASAP.

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during winter and February vacation weeks and other times during the Winter/Spring. Check out the Red Cross website for details. Sign up for classes soon!!

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

Check out the offerings for High School Students in the Adult Section:

- **Golf:** age 15+
- **BodyPump and BodyJam:** age 15+
- **Power Yoga:** age 15+
- **Zumba:** age 15+
- **Bootcamp:** girls age 15+
- **CPR:** age 16+
- **NIA:** age 15+
- **Gentle Yoga:** age 15+
- **First Aid:** age 16+
- **Other adult classes:** with advance permission of the instructor. Contact us if interested.

SIGN UP FOR RECREATION DEPARTMENT E-NEWS!

Information about new programs
Information about registration dates
Important news from the Recreation Department

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-NEWS.

To enroll, add "E-NEWS" to your registration form, enroll online (in the "Special Events" category) or call the Recreation Office (781-275-1392).

ADULT SUMMER RECREATION PROGRAMS

ADULT CLASS INFORMATION:

- ◆ Information such as directions to an offsite activity and material lists may be found on our website. You may also obtain any of this information at the Recreation Dept. office.
- ◆ There is a link to Instructor Biography information on our website if you would like to learn more about the people teaching our classes.
- ◆ Website: www.bedfordrecreation.org

DO YOU HAVE A PROGRAM/ACTIVITY IDEA OR A REQUEST??

We would like to know!

In our effort to expand adult offerings and family programs, we are looking for ideas, contacts and instructors. If you have a program/class you would like to see offered or if you would like to teach, please contact us with your idea, request or contact information.

Contact: Raeann Gembis: 781-275-1392 ext. 355

rgembis@bedfordma.gov

PERSONAL INTEREST CLASSES & WORKSHOPS

CPR

w/ instructor Robert Stack

Basic American Heart Association (AHA) Cardio Pulmonary Resuscitation (CPR) courses will be offered for individuals as well as those in need of the Healthcare Provider Level. Each student will receive a course completion card. AHA Student Handbooks will be available for sale at an additional cost. The class consists of a CPR overview as well as extensive hands-on practice. In-addition, the class will include steps for assisting the Choking Victim and an overview of Automatic External Defibrillator (AED). Age 16+ (min 3/max 6)

Thurs. June 14, 6:15-9:15pm, **Fee: \$55**

Class held at Carlisle Town Hall, 66 Westford St.

FIRST AID

w/ instructor Robert Stack

The First Aid Course is a National Safety Course that meets the requirements for Day Care Providers and others in need of a certified program. The course teaches the basic steps necessary to deal with emergency medical situations that might occur around the house or at work. Course content includes emergencies such as falls, breaks, cuts and scrapes and other medical issues such as recognizing cardiac and stroke problems. This course is great for parents of young children. Age 16+. (min 3/ max 6)

Thurs. June 21, 6:15-9:15, **Fee: \$55**

Class held at Carlisle Town Hall, 66 Westford St.

EXERCISE, FITNESS AND DANCE

ALIGN8 POWER YOGA CLUB w//Jeff Chun

Our Creative Power Yoga is for those men and women who want to be challenged and FEEL GREAT! No experience required! In every class, we revisit foundation and instruct alignment from the bottom up! Our yoga is for those who are PASSIONATE to learn, experience, and PUSH! Sun Salutations, Triangle, Warrior, Arm Balances and Inversions...we teach step by step, block by block. No mysterious stuff, just clear instructions and sweat!

Bring mat/towel/water. Block & straps provided. (Age 15+)

Questions: info@align8yoga.com

Session runs 6/25-8/29 (no class 7/4) 10 wks

Mon. or Wed. 7:15-8:45pm with Jeff

Option #1: One class weekly:

Fee \$110

Option #2: Two classes weekly:

Fee \$190

Option #3: Couple Plan (attend 1 class each per week) **Fee \$190**

Classes held in Room 153, Town Center. (min. 10/max. 40)

We encourage **COUPLES** to share multi-day plans! Flexible plan enables members to choose either class. New students, 1st class is free anytime during the session.

WOMEN'S OUTDOOR BOOT CAMP

w/ Sandy Morvillo

Shake off those cold weather blues and those few extra pounds that have been creeping up on you. Move beyond your fitness plateau. Whatever your reason, let's jump start the Summer with a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on Girls, it's go time! Sneakers, outdoor workout attire and water a must. Sign up for as many days and sessions as you would like. Classes will be held rain or shine. Meet at the High School Track. Age 15+ (min10/max50)

Session:	Day/Time:	Dates:	Fee:
Session 2: 8 wks	Mon. 6:30-7:30pm	5/28-7/16	\$92
	Wed. 6:30-7:30pm	5/30-7/18	\$92
	Sat. 7:30-8:30am	6/2-7/21	\$92
Session 3: 5 wks	Mon. 6:30-7:30pm	7/30-8/27	\$58
	Wed. 6:30-7:30pm	8/1-8/29	\$58
	Sat. 7:30-8:30am	8/4-9/1	\$58
Fall Session: 9 wks	Sat. 7:30-8:30am	9/8-11/10 (no 9/22)	\$103

EXERCISE, FITNESS AND DANCE (cont)**BODYJAM™ and BODYPUMP™****w/ Nancy Griffiths and her elite team of instructors****More classes to choose from this session!!***Bedford is proud to be THE ONLY Recreation Dpt. in the greater Boston area offering these exclusive fitness dance programs.*

BODYJAM™ This workout combines the addictive fusion of the latest dance moves and hip new sounds. Have fun and burn calories without even realizing it. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers. Age 15+. (min 8/max 30)

BODYPUMP™ is a fast way to shape up and lose body fat. The original barbell workout strengthens and tones your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. The simplicity of the class makes a great starting point to develop strength and confidence. Uplifting music synchronized with the exercises motivates you through the workout. Please bring mat, towel and water. Age 15+ (min 8/max 20) *Attending two classes per week is recommended for maximum benefit.*

www.kamatefitness.com

Classes at Callahan's Karate Studio, the address is 20 North Rd.

BODYJAM SCHEDULE:

Sat. 10:15-11:15AM, 6/23-8/25, Callahans

Tues. 7:00-8:00PM, 6/26-8/28, Union Rm. Town Ctr

Thurs. 7:30-8:30PM, 6/28-8/30, Callahans

BODYPUMP SCHEDULE:

Sat. 9:00-10:00AM, 6/23-8/25, Callahans

Mon. 6:30-7:30PM, 6/25-8/27, Callahans

Thurs. 6:30-7:30PM, 6/28-8/30, Callahans

Discounted Fee Format! This format offers flexibility to attend classes at your convenience. The more classes you attend, the more cost effective the program is.

OPTIONS: 10 weeks of classes available.1 BodyJam Class per week: **Fee: \$150**1 BodyPump Class per week: **Fee: \$150**Unlimited BodyJam Classes per week: **Fee: \$200**Unlimited BodyPump Classes per week: **Fee: \$200**Unlimited BodyPump AND BodyJam per week: **Fee: \$225****NIA CLASS w/ Joan Turnberg**

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout and develops strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. All classes held in the Union Room, Town Center.

Age 15+ (Min 9/max 20) 8 wks

Wed. 9:30-10:30am, 7/11-8/29

Thurs. 6:30-7:30pm, 7/12-8/30

Fee: \$76**Fee: \$76****CANDLELIGHT HATHA YOGA w/ Bonnie McCulloch**

Escape for an hour and enjoy the tranquility of a candlelight yoga class. Conducted in the soothing glow of warm candlelight, this class will recharge and restore the body, mind and soul. The class consists of centering, warm-ups, performing basic yoga postures, breathing techniques and ending with a period of deep relaxation. Bonnie is a certified Hatha yoga teacher who believes that the practice of Yoga is beneficial to people of all fitness levels. Please bring a yoga mat and water. Age 16+ (min 6/max 15) Classes held in the Union Room Town Center Bldg.

Wed. 7:00-8:00pm, 7/11-8/15, 6 wks

Fee: \$80**ZUMBA® DANCE-FITNESS w/ Sharon Pugatch**

Get fit, have fun and leave the world behind! Zumba is a Latin inspired, dance-fitness class that incorporates Latin/International music and dance movements for one hour of calorie-burning, body-energizing movements meant to engage while having a blast. The routines feature interval training sessions in which fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary. Please wear comfortable clothes, sneakers, water and a towel.

Contact: sharon.dancefitness@verizon.net (min 7/max25)

All fitness levels welcome. (Age 15+/age 13+ with a parent)

Mon. 6:15-7:10pm, 7/9-8/27, 8wks **Fee: \$85****Wed. 5:45 – 6:40pm, 7/11-8/29, 8wks** **Fee: \$85**

Classes held in the Union Rm, Town Center.

Rip:60™**at Summit Health and Fitness**

Experience this new amazing suspension training system. Rip:60™ is a 6 week training system designed to put your body in the proper position to get you the best results. The system utilizes a pair of rip:60™ straps that use gravity and your body-weight. Burn fat, lose weight and stay motivated with the Summit team! We will teach you a scientifically designed six-week progression of movements. Taught by certified fitness professionals, weeks 1 through 4 focus on strength. Weeks 5 and 6 target your overall power, with moves that maximize muscle activation. THE ONLY rip:60™ training facility in the entire Northeast. Mats, towels and water will be provided. Classes held at Summit Health and Fitness, 65 Wiggins Ave. To see a class contact Summit at 781-276-1773. 6wks Classes are Co-ed. (min 6/max 20)

Mon. 6:30-7:30pm, 7/9-8/13

Fee: \$103

Thurs. 6:30-7:30pm, 7/12-6/16

Fee: \$103

ADULT SPORT PROGRAMS **INSTRUCTIONAL AND OPEN**

BARRIE BRUCE GOLF SCHOOL

Billerica Country Club, 51 Baldwin Rd. Billerica

www.barriebrucegolfschools.com

GOLF SCHOOL 1: 5 one-hour lessons for the new golfer or golfer with little experience. Fundamentals of the game emphasized. Need pair of sneakers or golf shoes. **Fee: \$155**

Sun. 11:30am, 6/3-7/1 Fri. 5:30pm, 6/8-7/6
Tues. 6:00pm, 7/17-8/14 Sat. 10:30am, 7/21-8/18

GOLF SCHOOL 2: 5 one-hour lessons for students who have some experience and want to improve their skills with more advanced techniques. **Fee: \$155**

Sat. 11:30am, 6/2-6/30 Wed. 6:00pm, 7/18-8/15

ADULT TENNIS w/ Barbara Aldorisio

The Beginner class covers basic strokes, volley, serve, strategy and court coverage. The Advanced class focuses on strategy, improvement of skills, footwork and fun drills. Please bring a racket and water. Barbara is an USPTA Instructor. Lessons held at the Middle School courts. (6 wks) **Fee: \$55 each session**

Beginner: 5:30—6:30pm (min 5/max 10)

Advanced: 6:30-7:30pm (min 5/ max 8)

Session 1: Tues. 6/5-7/10 or *Session 2:* Tues. 7/24-8/28

Rain dates will be made up at the end of each session as needed.

TENNIS CLINIC w/ KATennis

Cardio, Drill and Play

Each clinic is designed to improve stroke mechanics, strength and stamina and to offer the student a physical challenge in an energetic atmosphere. Time is split between fast moving drills and playing both cardio based and strategy based games. This clinic offers a good balance of information and movement. Levels will be intermediate to advanced (3.0-5.0) and taught by a certified teaching pro. All students should bring their own racquet and be ready for a fun and challenging 90 minutes. (min 5/max 10)
Thurs. 7:00-8:30pm, 7/12-8/16 (6 wks) Rain dates will be made up. Class held at the Bedford High courts. **Fee: \$170**

INTRO TO OUTDOOR ROCK CLIMBING

w/ Backyard Journeys

A fun and beginner friendly introduction to the exciting sport of rock climbing, learn basic safety, climbing techniques and knots. All this in an adventure filled day at a local climbing site (TBD)

Sun. 10:00-2:00pm. **Fee: \$80 each option**

Option 1: June 3

Option 2: July 8

Option 3: Aug. 5

ADULT INDOOR PICK UP SOCCER: No Fee

Join us for outdoor pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Davis School Gym. Mon, Tues, & Thurs, 8:30 - 10:00pm, ongoing through 6/14 (off 5/28, 6/7)

ADULT OPEN VOLLEYBALL: No Fee

Open to all Bedford residents age 18+ and not in high school. Please bring your own volleyball. Program runs 4/2 - 6/13 at the Lane School Gym. Mon. & Wed. evenings, 7:00 - 10:00pm. Ongoing through 6/13 (off 5/28)

ADULT PICKUP BASKETBALL: No Fee

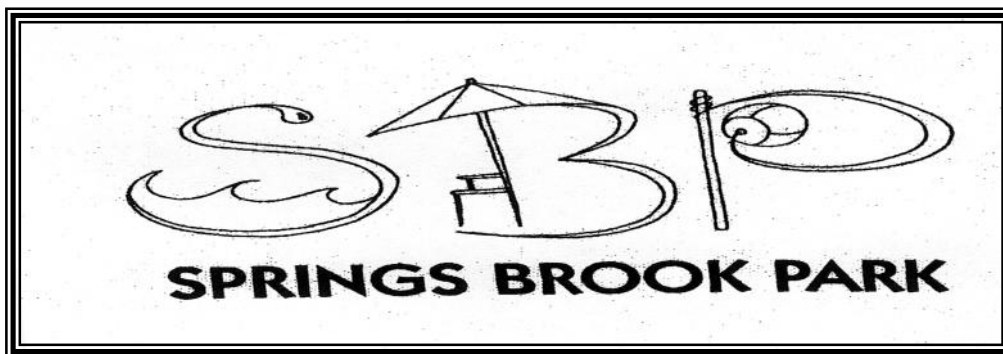
Open to all Bedford residents age 18+ and not in high school. Please bring your own basketball. High School Gym. Mon. & Thurs., 7:00 - 10:00pm, ongoing through 6/14 (off 5/28, 6/7)

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Lane School Gym. Thurs., 7:30pm - 9:30pm, Ongoing through 6/14 (off 6/7) **No Fee**

LAP SWIMMING at Springs Brook Park

Springs Brook Park has 3 lap lanes available for lap swimming only. Available anytime the park is open with membership or daily admission. See the Springs Brook section for more information on the Park. Swimmers must clear the water 15 min prior to closing time. No fee to swim after 5:30pm.



2012

Director: Nikki Lua

Administrative Coordinator: Raeann Gembis

Assistant Directors: Alli Lua, Michelle Lee

Supervisor Assistants: Caitlin Hall, Alex Ball

SPRINGS BROOK PARK is located at 181 Springs Road, just before the V.A. Hospital. It is a man-made, filtered, swimming facility. The park is set back in a beautiful wooded setting.

Sandy beaches

Grass and shaded picnic areas

Full bathhouse facilities

Concession stand

Lap swim lanes

Red Cross swim lessons

Spray park

Water slide

Charcoal grills

Playground

Volleyball court

Basketball court

SBP is Fully staffed by lifeguards/swim instructors who are certified in water safety, lifeguard training, first aid and professional rescuer CPR.

PLEASE NOTE: We are excited for another summer of fun at Springs Brook Park! As you may know, the park is opening this summer with new measures in place to improve water clarity. New standards for clarity have been adopted as well. This may mean that at times we may restrict admission or modify use of the pond. Members and those with swim lessons will not be denied admission at any time.

SMOKE-FREE AREA: Springs Brook is a smoke-free swim area. Smoking is not permitted anywhere on park grounds, including the parking areas.

ADMISSION RULES

1. Members must show identification at the gate.
2. Everyone must sign in at front gate.
3. Swim lesson students and parents must either have a membership or must pay the gate fee.
4. Park Rules must be adhered to and are strictly enforced.
5. Children age 11 and younger must be accompanied by an adult at all times while in the Park, including during swim lessons.

HOURS OF OPERATION 2012

June 15 - Aug 12 10:00 AM - 7:30 PM gate closes

August 13 - August 24 (tentative)* 11:00 AM - 7:00 PM gate closes

***Closing date subject to staff availability.**

Please note that water is cleared 15 minutes prior to gate closing time.

PARK INFORMATION AND RULES

1. PARK SAFETY CHECK - 3:00 p.m. DAILY (2-5 minutes)

At this time, all swimmers are asked to clear the water. This ensures that everyone is accounted for and increases safety awareness.

2. Adult Swim - Follows Park Check until 3:15.

3. Babies must wear a snug suit over diapers or swim diapers.

4. Balls and flotation devices are not permitted in the water.

5. Coast guard approved life jackets/vests for boating may be worn, if fitted properly.

6. Lap lanes are for lap swimming only.

7. Whistle System - 1 blast - getting a swimmer's attention 2 blasts - getting another guard's attention 3 blasts - Emergency - clear the water

8. Children must be supervised at all times.

9. Swimming is only permitted in areas supervised by lifeguards.

10. Dock and water slide are only open when supervised by lifeguards. Dock is not open during swim lessons.

11. Dock, slide and Concession hours posted at Bathhouse.

12. If thunder is heard, everyone will be asked to clear the water. Swimmers will be permitted back in the water 20 minutes after the last clap of thunder.

13. Cars are not permitted past the front gate. The only exception is for handicapped parking situations.

14. Alcoholic beverages are not permitted.

15. Smoking is not permitted on any park grounds, including parking areas.

16. Dogs/pets not permitted on the grounds.



Reduced swim lesson fee with full season park membership!
(See the Swim Lesson Fee Information on Page14 for details)

SEASON MEMBERSHIP 2012

Purchase at the Recreation Office or at the Park (until 4:00pm).

Membership forms included in this booklet.

Membership guarantees admission during periods of restricted admittance due to overcrowding or lifeguard shortages.

Memberships purchased by 6/18 receive One Day Use passes for guests— see next page for full details.

PRICES:	RESIDENT	NON-RESIDENT
Individual	\$85	\$110
Family*	\$240	\$325

**Family memberships consist of parents and their children living at the same address. Extended family members/ daycare children additional fee.*

TWO WEEK PASS OPTION

Valid only during a 2-week period of swim lesson session (Mon—Fri) \$40 per person/\$120 per family

SENIOR CITIZEN (age 65+)

No fee but must be registered at the Recreation Office. Seniors may register by phone, mail, or in person.

DAILY ADMISSION

Mon - Fri: \$7/person age 1 and up; **Sat & Sun and July 4:** \$10 per person ages 1 & up
 Max. \$25/family weekdays only. There is no family rate on the weekend.

Due to crowding issues the weekend family rate has been eliminated.

Weekend family passes available for Bedford Residents only and available for purchase Mon. through Fri. at the Recreation Office or at Springs Brook Park. (\$25 per pass) ID required.

AFTER 4:30 P.M.: \$3/person

*** No charge for children under age 1 ***

NO FEE AFTER 5:30

NEW! FOR MEMBERS!

If you purchase a full summer membership for the park **on or before June 18, 2012**, you will receive one-time use Day Passes for guests. A Family Membership comes with 6 passes; Individual Adult Membership comes with 2 passes. Guest passes will be available for pickup at the bathhouse once the park is open.

GROUPS/PRIVATE FUNCTIONS

Arrangements may be made for groups to use Park facilities during Park hours or after hours (very limited availability)*. Group rates are available. Please submit a group reservation request form (available online or via e-mail via recstaff@bedfordma.gov) Reservation must be made at least 2 weeks in advance.

***Please note: The Park remains open to the general public. Alcoholic beverages are not permitted. Smoking is not permitted on premises. One picnic table per 10-12 people on weekends. Grills and tables are on a first come/first serve basis.**

SPECIAL PARK EVENTS

Other activities and events will be posted at the Park and on the Recreation website; www.bedfordrecreation.org

SEASON OPENING CELEBRATION DAY

Saturday June 16

A special invitation for everyone to visit and enjoy the park and facilities. There will be special games, activities, and entertainment. (Sun., June 17 – rain date) Bedford residents free of charge. (must show ID)

Performer: Alex the Jester at 2:00pm

Memberships will be sold both Sat. and Sun. until 4:30 pm.

END OF SCHOOL SPECIAL

An invitation to all Bedford Residents to check out the park for FREE! Monday, June 18

Bedford kids and adults get in absolutely free. (must show ID)

JULY 4TH CELEBRATION

Come celebrate the 4th of July with us!

Watermelon served from 1:00 until 2:30pm.

Performer: Silly Willy at 3:15 p.m.

Free admission for Bedford Residents 11:00 - 2:00 w/ photo ID

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For children and adults ages 3 & up. During non-swim lesson hours and instructors' off-duty time. Sign up at the Park Only, with a Director. High demand, first come, first served. Availability not guaranteed. Checks payable to the Town of Bedford.
PRIVATE: 1 student \$25/hour \$20/half hour
SEMI-PRIVATE: additional \$5 per student at above prices.
Students must be similar skills to be taught at the same time.

ENTERTAINMENT SCHEDULE

(Check notices at the Bathhouse for rescheduled date in the case of cancellation due to inclement weather)

Please bring a towel or blanket to sit for shows.

ALEX, THE JESTER

Sat. June 16 at 2:00 and Thurs. Aug 2 at 2:00

A court jester – the colorful trickster with bells jingling from his floppy hat, but have you ever seen one perform in real time? A rare treat, indeed! Enter the world of the Wise Fool, and take an inspiring journey to Medieval times.

ANIMAL ADVENTURES

Thurs. June 21, 2:00

Variety Animal Presentation...we never know what creatures will show up at Springs Brook!

PHYZICAL

Sat. June 30 at 2:00

A blend of mime and storytelling mixed with myriad transformations and many laughs.

SILLY WILLY— Clowning Magic

Wed. July 4, 3:15 and Sun. July 29 at 2:00

Packed with fun, excitement and guaranteed laughs!

Twisted balloon sculptures at shows end.

DAN FOLEY – The Airborne Comedian

Tues. July 10 at 2:00 and Wed. Aug. 15 at 2:00

Dan juggles a cornucopia of objects including (but not limited to) baseball bats, lawn chairs, flaming torches, children, fruits and many other unlikely objects.

MATT ROBERTS - Magician

Sun. July 15 at 2:00

Tues. July 24 at 3:15

Incredibly engaging magic and hilarious comedy with illusions that are top notch and amazing!

THE FRISBEE SHOW

Dan Brodeur, 2-time World Frisbee Freestyle Champion

Mon. July 16 at 2:00

A dazzling show of tricks and catches! Followed by an interactive play-shop where you get to learn the tricks and catches. Sign up for the Playshop before the show (max 75)

DOUBLE VISION

Tues. July 31 at 2:00 and Sat. Aug 11 at 2:00

A mini, Cirque Du Soleil with a blend of Vaudville, circus illusion, theatre, mime, music and more!

SWIM LESSONS**LESSON REGISTRATION GUIDELINES:**

1. Mail/fax/drop off registration or register online (see general reg. instructions). **Once the Park opens for the season, Swim Lesson Registration will only be accepted at the Park** (lesson registrations will not be processed at the Recreation Office once the park opens).
2. Indicate 1st, 2nd, and 3rd choices in case first choice fills.
3. Level descriptions list the skills that must be completed to pass to the next level. Identify the level your child can complete comfortably and register for the next level.
4. Children age 11 and under must be accompanied by an adult in the park at all times, even during lessons.
5. Park admission fee or membership required if entering the park before 4:30 PM.
6. Classes will be held rain or shine (except during thunderstorms) due to time limitations.

IMPORTANT: If your child is registered for more than one session, please check with your child's instructor during the second week of the lessons to ensure that you have your child correctly placed in the next session. Make any necessary changes with one of the Directors.

PLACEMENT QUESTIONS?

For assistance placing a child in a level, call the Rec. Office, 275-1392 to leave a message for Nikki Lua.

PARENT/TOT CLASS

(Ages 3 & 4 when class starts, with parent)

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

Option 1: 5:35 – 6:15 pm, Thurs. July 5, Mon. July 9 and Thurs. July 12 (Rain date make-up: July 16)

Option 2: 12:35-1:15pm, Thurs. July 19, Fri. July 20 and Mon. July 23 (Rain date make-up: Tues. July 24)

Cost: \$30 Resident/\$35 Non-Res. (per pair parent/student)
Other siblings must be accompanied by another adult if in the Park or enrolled in lessons during this time. All of these lessons coincide with regular lessons so that you may enroll older children in classes while you participate with your pre-school child. No admittance fee or membership required if entering the Park after 5:15.

SWIM LESSON FEES

Rates are for Day Sessions and Evening Lessons

	<u>SBP Members</u>	<u>Non-Members</u>
Resident Fees:	\$30	\$50
Non-Resident Fees:	\$40	\$60

Please note: Admission is not included in lesson fees.

Students and their families must either:

- 1) Have a season membership OR pay the daily gate fee OR
- 2) Purchase a two week lesson pass, valid M - F for two weeks of the lessons, \$40 per person \$120 per family

DAY SESSIONS: LESSON SCHEDULES

Classes held Mon/Tues/Thurs/Fri. (No classes on Wednesdays)

SESSION I (July 2 - July 13) No class on Weds.

<u>11:30</u>	<u>12:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 5

SESSION II (July 16 – July 27) No class on Weds.

<u>11:30</u>	<u>12:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 6	Level 5

SESSION III (July 30 - Aug. 10) No class on Weds

<u>11:30</u>	<u>12:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 6

EVENING LESSONS

Mondays and Thursdays, June 18 – July 19

4:45 – 5:30pm Levels: 0, 1, 2, 3, 4, 5

5:35 – 6:20pm Levels: 0, 1, 2, 3, 4, 6

****no park admission fee or membership required unless you enter the park before 4:30pm. Check in at gate and inform gate attendant you are there for lessons.**

SWIM LESSON LEVELS**PLEASE NOTE:**

1. **The American Red Cross revised the skill requirements of each level last year.** Your child will be tested based on *current* standards and placed in the *appropriate* skill level.

2. We adhere to strict Red Cross standards. Children will be tested in each level. Students may be moved up or down in the levels after being tested. Please be aware that it is very common for students to remain in a level for more than one session. Students must be able to complete all skills consistently in order to move to the next level.

LEVELS 0 - 6 ARE FOR AGES 4 AND OLDER (age 4 by the start of class). Classes are 40 - 50 min. long, depending on the class.

Children ages 4 and 5 must start in Level 0 or Level 1 unless parents provide a copy of a certificate of completion of Level 1.

Level descriptions list the skills required to move to the next level. Student must be proficient in order to move into the next level.

LEVEL 0: (max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.

Independent water entry/exit

Bubble blowing/submerge face and head

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Comfort in water

Level 1: Introduction to Water Skills (max 7 students)

Independent water entry/exit

Bubble blowing

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Level 2: Fundamental Aquatic Skills (max 7 students)

Fully submerging (5 seconds)

Bobbing (5 times)

Front float (5 seconds)

Jellyfish/tuck float (5 seconds)

Recover from back or front float to a standing position

Roll from back to front

Change direction while swimming

Treading using arm and leg action (15 seconds)

Combined arm and leg action on front and back (5 body lengths)

Finning action on front and back

Level 3: Stroke Development (max 8 students)

Headfirst entry from sitting and kneeling position

Bobbing while moving towards safety

Rotary breathing (10 times)

Survival float on front (30 seconds, deep water)

Back float (30 seconds)

Tread water (30 seconds)

Front crawl (15 yards)

Elementary backstroke (15 yards)

Scissors kick (20 yards)

Level 4: Stroke Improvement (max 10 students)

Swim underwater 3-5 body lengths

Feet first surface dive

Survival swimming (30 seconds)

Treading water (2 minutes)

Front Crawl (25 yards)

Breaststroke (15 yards)

Butterfly (15 yards)

Elementary backstroke (25 yards)

Back crawl (15 yards)

Sidestroke (15 yards)

Level 5: Stroke Refinement (max 10 students)

Tuck and pike surface dives

Front flip while swimming

Tread water 5 minutes

Front crawl (50 yards)

Breaststroke (25 yards)

Butterfly (25 yards)

Elementary backstroke (50 yards)

Back crawl (25 yards)

Sidestroke (25 yards)

Level 6: Swimming and Skill Proficiency

Front Crawl (100 Yards) (max 10 students)

Elementary Backstroke (100 Yards)

Back Crawl (50 Yards)

Breaststroke (50 Yards)

Sidestroke (50 Yards)

Butterfly (50 Yards)

500 yard continuous swim

Flip turns

Open turns while swimming

Fitness Swimmer skills

Personal Water Safety

Fundamentals of Diving

BEDFORD RECREATION YOUTH & ADULT FALL PROGRAM FORM Recreation Fax #: (781) 687-6156

Participant: _____ Sex: M/F Home Phone: (____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____
Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2012: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

Can you help with a contribution to the Neighbors Helping Neighbors Fund: \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

I, do hereby consent to **my minor child(ren)'s/my own** participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

BEDFORD RECREATION YOUTH & ADULT FALL PROGRAM FORM Recreation Fax #: (781) 687 - 6156

Participant: _____ Sex: M/F Home Phone: (____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____

If participant is under age 18, please complete this section. Grade Fall 2012: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Special Needs/Concerns: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

Can you help with a contribution to the Neighbors Helping Neighbors Fund \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

I, do hereby consent to **my minor child(ren)'s/my own** participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

SPRINGS BROOK PARK Registration Form: page 1 (for programs pages 11-15)

Last Name: _____ Phone: (____) _____

Address: _____ Town/Zip _____

If registering for swim lessons, please indicate parent work & emergency phone #'s :

work /cell# (mother) _____ work/cell # (father) _____

Emergency name and # other than parent _____

E-Mail Address: _____

2012 RATES**Full Membership****Resident****Non-Resident**

Individual:

\$85

\$110

Family:

\$240

\$325

2 Week Pass (valid M-F only) \$40 per person/\$120 per family both resident & non resident

Senior Citizen (65+): Free (must Register @ Rec. Office)

Lessons**Resident W/ SBP Full Membership****Non-Resident W/ SBP Full Membership**

(Not valid with 2-week pass)

(Not valid with 2-week pass)

Day Sessions I, II, III

\$30

\$40

Evening Session

\$30

\$40

Parent/Tot class

\$30

\$35

Resident W/O SBP Full Membership**Non-Resident W/O SBP Full Membership**

Day Sessions I, II, III

\$50

\$60

Evening Session

\$50

\$60

Parent/Tot class

\$30

\$35

Payment Information

Membership Fee: \$ _____

Swim Program Fee: \$ _____

Contribution to Neighbors Fund: \$ _____

TOTAL FEE DUE: \$ _____**Payment Type:** ___ Cash ___ Check ___ MC/Visa MC or Visa #: _____ Exp. Date: _____

I, the undersigned [mother/father/legal guardian] of _____, a minor, do hereby consent to his/her participation in the swim program, run by the Bedford Recreation Department and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's swim program.

Signature: _____ Date: _____ (parental if participant is under 18 years of age)

MEMBERSHIP SUMMER 2012**List family members (immediate family only - father, mother, children living at same address)**

Name: _____ Age: _____ Name: _____ Age: _____

Two Week Pass: Valid Monday - Friday only☐ Session 1 ☐ Session 2 ☐ Session 3

Total Membership Fee: _____ 7/2- 7/13 7/16 - 7/27 7/30 - 8/10

SPRING BROOK PARK REGISTRATION FORM (Page 2)**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____**PARENT/TOT SWIM CLASSES**

Student Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

☐ **Option 1:** 5:35-6:15pm (July 5-July 12) Fee: _____☐ **Option 2:** 12:35-1:15pm (July 19-July 23) Fee: _____

Student Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

☐ **Option 1:** 5:35-6:15pm (July 5-July 12) Fee: _____☐ **Option 2:** 12:35-1:15pm (July 19-July 23) Fee: _____

SUMMER REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:		Doctor's Name Phone:		
Mother's Name:	Father's Name:		Emergency Contact Name:	
Work Phone:	Work Phone:		Phone:	
Cell Phone:	Cell Phone:		Relationship:	
Email:	Email:			
Highest Red Cross Swim Level Passed <i>For Senior Adventures only.</i> _____				
Name of Facility where the highest course was passed: _____				
DOES YOUR CHILD HAVE SPECIFIC HEALTH NEEDS, ALLERGIES, PHYSICAL LIMITATIONS, OR MEDICATIONS?				

Special concerns (no concern too small). _____				

PROGRAM NAME	SESSION	FEE				
Campership Donation (optional)						

MC or VISA _____	Exp Date _____
Full payment is now due	

Authorized MC or VISA Signature _____

Are you applying for Financial Aid (please note new application procedures in brochure)? _____

I, the undersigned (mother, father/legal guardian of _____, a minor, do hereby consent to his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of its employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

Date _____

Signature _____

(Parental if participant is under 18 years of age)

Bedford Recreation Department
12 Mudge Way
Bedford MA 01730-2165

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

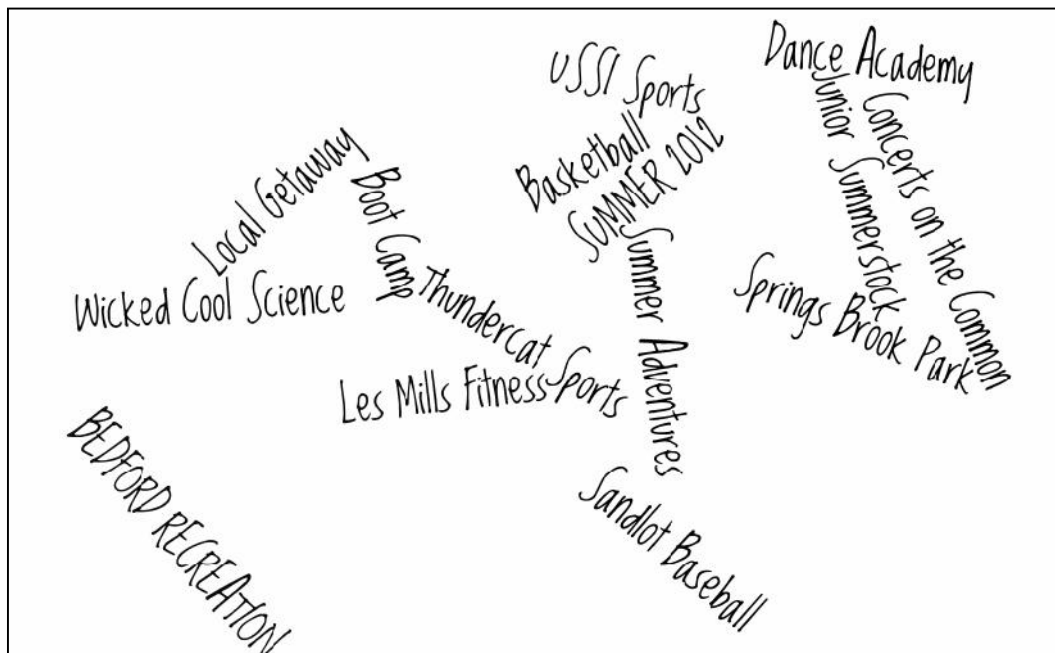
Residential
Postal Customer
Bedford MA 01730

RECREATION DEPARTMENT

AMY HAMILTON, RECREATION DIRECTOR
NICK CACCIOLFI, ASSISTANT DIRECTOR
RAEANN GEMBIS, ADULT COORDINATOR
NANCY CORMIER, KIDS' CLUB DIRECTOR
JANET HUMPHREY, ADMIN. ASST.
LESLIE RINGUETTE, CLERK
KATHERINE FARRELL, KIDS' CLUB ADMIN. ASST

RECREATION COMMISSION

RONALD RICHTER, CHAIRMAN
CAROLINE FEDELE
TOM MULLIGAN
MIKE O'SHAUGHNESSY
ROBIN STEELE



It's all happening right here this summer!